



NORTH DAKOTA GUARDIAN

Volume 4, Issue 2

February 2011

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They did it again! The N.D. National Guard biathlon team secured the top position in the relay team category of the Central Region Biathlon championships. Not only that, but 2nd Lt. Blake Hillerson, center, skied his way to first in the individual category of the competition.

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NORTH DAKOTA GUARDIAN

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 Digital photos should be at least 300 dpi.

On the Cover



Amped Up: Three Time Rule Country & Rock Band members Spc. Joshua Peterson, left, and Sgt. Kevin Krug play guitar Jan. 4 during a 'Music in the Schools Tour' performance at the Cavalier High School gymnasium, Cavalier, N.D. The annual Music in Schools Tour featured performances by a number of ensemble groups from the 188th Army Band in 16 cities throughout North Dakota Jan. 4-7. (Photo by Senior Master Sgt. David H. Lipp)

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View From the Top

Success Gained from Servant Leadership

Recently, I had the privilege of administering the military Oath of Office to my nephew, who was commissioned a second lieutenant in the U.S. Army. As a proud uncle, I felt that I should offer a little bit of advice for a young officer who was beginning his military career.

There has been a lot of research about leadership and theories about leaders. Having the opportunity to serve as an officer for almost 29 years in the N.D. Army National Guard, my thoughts turned to what I have observed and experienced regarding leadership. While my experience is all related to my assignments as an Army officer, I believe my observations and advice would apply to leaders in all branches and civilian professions.

I have concluded that there are basically two kinds of leaders – those (noncommissioned officers, warrant officers or officers) who saw themselves as leaders that not

I am firmly convinced that servant leadership produces results by coaching, mentoring, encouraging and empowering, rather than by threats or intimidation."

only serve their state and nation, but who likewise serve their Soldiers and Airmen; and those leaders who expected their Guardsmen to serve them and in the process make them look good. In other words, some leaders understand one of their primary roles and responsibilities is to take care of Guardsmen, while other leaders seem to think it's the Sol-

diers' and Airmen's job to take care of the leader. In the world of leadership theories, the leaders who continually place their subordinates' welfare and the needs of the organization before their personal needs are called "servant leaders."

In the civilian workplace, it could be described like this: A boss directs and drives his employees; a servant leader will take the time to coach and mentor his

employees and is always concerned about their professional development. The boss often says "I" while the servant leader usually says "we." In my opinion, the most successful leaders are those who lead by setting the example for others to follow; the leader who says "let's go" tackle this mission.

We have all experienced both types of leadership in and outside of the military. Although both types of leadership will produce results, I am firmly convinced that servant leadership produces results by coaching, mentoring, encouraging and empowering, rather than by threats or intimidation. I believe the leader who produces results while encouraging a positive attitude and who mentors his or her Soldiers and Airmen, will accomplish better and longer-lasting results. This type of leadership helps build future leaders confident in their abilities and strengths, unlike leaders

who use fear and intimidation to get results because of fear or punishment. Absolutely no mentoring occurs in the latter case, and thus these leaders also fail in their obligation to the organization by failing to prepare the next generation of leaders. A servant leader in the Army is one who not only can recite the Army values —

loyalty, duty, respect, selfless service, honor, integrity and personal courage — but lives them. While not listed the same way, these same values hold true in the Air Force.

Some people may think that being a servant leader means you are either timid or too easy on those you lead. This is simply not the case. In my experience, a servant leader will not only hold their subordinates responsible and accountable,



Col. David Anderson
 Army Chief of Staff
 North Dakota National Guard

but will do the same for themselves. Just because I strive to be a servant leader does not always mean those in my organization will like the things I must ask them to do. As with any type of leadership, at times we will have to discipline those whom we lead. When necessary, it means constructively correcting our Soldiers and Airmen and challenging and expecting their best efforts. Sometimes, it means having them perform jobs or missions that they don't want to tackle. But well-led Guardsmen will accomplish their missions enthusiastically.

Finally, one of the main attributes of a servant leader is the respect they have for their subordinates and their capabilities. This respect encourages Guardsmen to demonstrate and develop their abilities and do their best. The servant leader is prepared to share leadership through empowerment and takes advantage of the strengths of their Soldiers by involving them in planning and decision making. In my view, this style of leadership will best enable us to fulfill the N.D. National Guard's vision, which is to be "a dynamic, relevant force where everyone is a trained, mentored and *empowered* leader."

Sincerely,

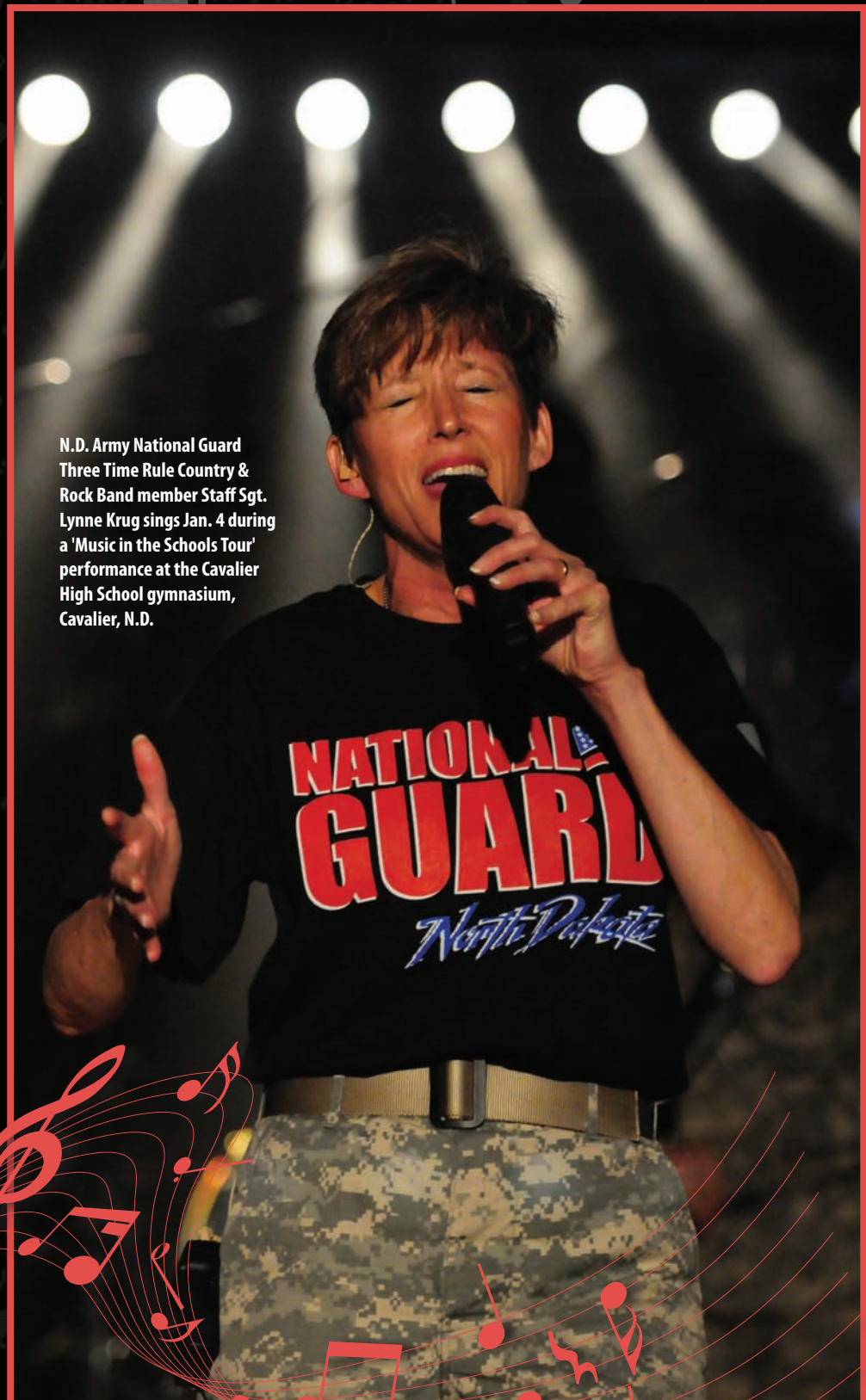
Col. David Anderson



One for the Road

Story by
Staff Sgt. Mike Hagburg
188th Army Band

Guard Band Tour Brings Music to North Dakota Schools



Senior Master Sgt. David H. Lipp

Soldiers from the 188th Army Band traveled more than 2,000 miles during the first week of January on their 2011 Music in the Schools Tour, bringing music to students across northeastern North Dakota.

The 45 members of the band broke into small groups – musical performance teams – to present 16 school concerts over a four-day period.

“The band entertained the kids, but we also celebrated the N.D. National Guard,” said Warrant Officer Dave Stordalen, the band’s commander. “We told the Guard story to a new generation and commemorated those who have worn the uniform and gone before us.”

Daryl Timian, principal of the middle school and high school in Langdon, said that more than 300 students attended the band’s concert there.

“The kids loved it – they didn’t want the band to leave,” he said. “To get our kids on their feet and clapping is a huge accomplishment.”

Three Time Rule, a country rock ensemble, played at Langdon and schools in St. Thomas, Cavalier, Rolla, Bottineau and Leeds. Blues in Green, a pop, rock and blues group, performed at schools in Grafton, Park River, Adams-Edmore, Rugby and Carrington. The band’s Dixieland Ensemble, playing traditional jazz music, held concerts at schools in Thompson, Larimore, Lakota, Cando and West Fargo.

Around 400 students attended the Dixieland concert in Thompson, said Marjorie Myrold, the high school’s band and choir director.

“The music was fun and upbeat,” said Laura Sorenson, a senior at Thompson High School. “It was like dancing music.”

“It is just a really good feeling to see kids having fun and enjoying the music,” said Sgt. 1st Class Don Nagle, Grand Forks, group leader for Three Time Rule. “And, just maybe, we may open an

Staff Sgt. Mike Hagburg



Above, Sgt. Chris Hanson, Fargo, N.D., plays bass guitar with the Blues In Green ensemble at a concert Jan. 6 at Rugby High School. Right, Blues in Green Rock and Country Band member Staff Sgt. Justen Reed sings at the Grafton High School gymnasium, Grafton, N.D. Below, Three Time Rule Country & Rock Band members Staff Sgt. Lynne Krug, right, and Sgt. Kevin Krug perform Jan. 4 with a little help from the audience.



Senior Master Sgt. David H. Lipp

“One student told us that ‘I thought this was going to be corny, but it was cool.’”

avenue for a student interested in becoming a musician, a Soldier or both.”

“This tour is a great recruiting tool for the North Dakota Guard,” said Sgt. 1st Class Brad Reed, of Fargo, group leader for Blues in Green. “But more importantly, it allows us as an Army Band to give back to the communities that support the Soldiers and their Families.”

In addition to the school concerts, the band’s members joined together for a concert band performance for the community of Bottineau on the evening of Jan. 6.

Driving 10 vehicles ranging from a 5-ton truck to a four-passenger pickup, the band’s Soldiers faced cold weather and snow-covered roads during their odyssey between the 16 small towns where they performed.

Reed and Nagle agreed that weather and the road conditions were the biggest challenges the band faced during the tour.

“The cold posed a great deal of problems,” Nagle said. “Vehicles didn’t start

and equipment was cold during set-up. Thank goodness, there were no injuries or accidents.”

Staff Sgt. Justen Reed and Sgt. Christopher Hanson, full-time Soldiers with the band, played an instrumental role in putting the tour together.

“Once the schools were booked, the full-timers took care of all the remaining items,” Nagle said. “It was a monumental task of little details, phone calls, e-mails and paperwork. By the time the tour kicked off, each group had all the tools and information they needed to carry out the mission.”



Senior Master Sgt. David H. Lipp

Right, Sgt. Kevin Kosiak, of Vergas, Minn., a member of the Three Time Rule ensemble, plays at a concert Jan. 5 at Langdon High School. Below, the N.D. Army National Guard Dixieland Ensemble performs Jan. 7 at the Sheyenne Ninth Grade Center, West Fargo, N.D. Bottom right, Three Time Rule Country and Rock Band member Spc. Joshua Peterson plays guitar Jan. 4 at the Cavalier High School gymnasium.

Staff Sgt. Mike Hagburg



Reed said meeting students from the schools the band visited was the highlight of the tour.

"We were invited to eat lunch with the students at Park River High School, and during that time, we were bombarded by the kids," Reed said. "We autographed hands, forearms, napkins and programs. I had fun with the kids, asking them what they wanted to do after school and what instrument they played."

"One student told us that 'I thought this was going to be corny, but it was cool.'" Nagle said. "I think most students did not know what to expect, but most approved or were, at least, pleasantly surprised."

Stordalen said that an emotional high point of the tour was honoring Staff Sgt. Lance Koenig, a Carrington native who died Sept. 22, 2004, while serving with Company B, 141st Engineer Combat Battalion, in Iraq.

"Two-hundred and fifty kids were totally silent as we celebrated his life and service to our nation," Stordalen said. "I asked them to continually commemorate his sacrifice by setting their goals high and to never stop until those goals were

reached. The cheer in his memory was deafening."

The band's leaders said the tour was an exceptional training opportunity for the unit.

"It took great teamwork to practice up for the mission and perform the mission, especially loading and unloading equipment in the cold," Reed said. "I am very proud of the band, their hard work and countless hours of rehearsing."

"It was extremely demanding for our band to perform 17 missions in four days in 16 towns," Stordalen said. "It was a 'real world' test that measured the unit's mission capability very effectively." ■

See Even More Band Coverage!

For more great photos from the Band ensembles' tour, go to <http://bit.ly/188Band>. Video is also available at <http://bit.ly/ArBand>.



Senior Master Sgt. David H. Lipp



Senior Master Sgt. David H. Lipp

Guardsmen, Families, Youth Invited to Array of Events

The N.D. National Guard will showcase a variety of its annual events for North Dakota Guardsmen, Retirees and their Families during the organization's Professional Development Weekend at the Ramkota Hotel, Bismarck, N.D., March 4-6.

This year's Professional Development Workshop (PDW): The National Guard – Moving Forward will feature presenters from Bismarck State College imparting personal and professional development tips geared toward all ranks and age groups. Emerging leaders will learn how attitude factors into successes and failures in leadership and also how to motivate themselves to meet tomorrow's goals and challenges.

Also presenting will be Chief Master Sgt. Denise Jelinski-Hall, senior enlisted advisor to Chief of the National Guard Bureau Gen. Craig R. McKinley. Hall will give an overview of the National Guard with a presentation titled "The National Guard – Today and Tomorrow."

"Our Professional Development Weekends have always been excellent forums for members of our organization to gather and reflect on their successes and prepare for the future," said Maj. Gen. David Sprynczynatyk, N.D. National Guard adjutant general. "The variety of workshops and presentations made available allows for the broad participation of current and former members of the N.D. National Guard and their Families."

In addition to the PDW, The Adjutant General's Symposium for Families will provide an opportunity for attendees to share information and best practices for supporting military Families, as well as a platform to network with their Guard peers.

"We value our Families' contributions and all that they've done for North Dakota. It has been said that military readiness is directly tied to Family readiness. Families have so much to offer," said Rob Keller, director of the N.D. National Guard's Service Member and Family Support division. "They may not wear rank or serve on a battlefield, but they each serve their country by playing a role in helping their service member be the best at what they do. At the Symposium for Families, we will conduct training, but even more so, we will provide recognition — recognition for the sacrifices they have made as well as what they have accomplished."

The N.D. National Guard Youth Symposium also has been added to the weekend's events. Children of military members are invited to meet with N.D. National Guard senior leadership, attend presentations from national youth motivational speakers and collaborate with military youths from across the state.

"The Youth Symposium is an opportunity for our youths to build upon their



Senior Master Sgt. David H. Lipp

From left to right, Command Sgt. Maj. Dan Job, Col. (Ret.) Dale Adams, Col. Mike Wobbema and Maj. Gen. David Sprynczynatyk, N.D. National Guard adjutant general, listen to a presentation given at the 2010 Professional Development Weekend. Nearly 500 service members were in attendance. This year, the Adjutant General's Symposium for Families and the N.D. National Guard Youth Symposium will be in conjunction with the Professional Development Workshop — an annual event for North Dakota Guardsmen, Retirees and Families.

teambuilding, leadership and life skills with the encouragement of our national motivational speakers," said Jessica Clark-Woinarowicz, N.D. National Guard state youth coordinator. "We'll get started by doing some unique icebreakers and follow-up with a pool party and youth-only dance to put our attendees in a fun environment and also foster their leadership skills, develop awareness of programs and resources, and build a sense of belonging within the National Guard."

During PDW off-hours, the 2011 Combined N.D. National Guard Enlisted and Officer Associations Conference will be March 4-5. The event gives North Dakota Guardsmen and Retirees the chance to become involved in their respective associations, take part in the election process for association leadership and learn about new legislation being proposed to benefit the N.D. National Guard.

To participate or learn more about these events, contact your unit readiness noncommissioned officer, unit leadership or Family Readiness Group or visit www.ndngea.com or www.ngand.org.

The deadline to register for the 2011 Professional Development Weekend is Feb. 15. ■

PROFESSIONAL DEVELOPMENT WEEKEND March 4-6

By Sgt. Eric W. Jensen
Joint Force Headquarters



2nd Lt. Blake Hillerson, of the 426th Signal Network Support Company, aims his rifle at targets during the final circuit of a three-person relay. Hillerson is a member of the first-place winning N.D. National Guard relay team at the regional National Guard biathlon competition. He also took first place in the individual category.



Left, Spc. Brandon Pulst (green hat), of the 3662nd Maintenance Company, looks down-range at 50-meter targets at the Central Region Biathlon Championships at Camp Ripley, near Little Falls, Minn. Below, N.D. National Guard Biathlon coach Spc. Jordan Becker, of the 3662nd Maintenance Company, documents shooting scores for his first-place team.



“WE PRIDE OURSELVES ON BEING A GOOD SHOOTING TEAM, AND THAT IS WHAT THE RELAYS CAME DOWN TO.”

3662nd Maintenance Company, and Capt. Eric Nordgren, of the 119th Wing. The team is coached by Spc. Jordan Becker, of the 3662nd Maintenance Company.

Hillerson took first place out of 67 competitors in the individual contest and Nordgren took third, while the three-person N.D. National Guard relay team placed first among 19 teams from 11 states, including such winter sports hotspots as Minnesota, Wisconsin and Montana.

“We pride ourselves on being a good shooting team, and that is what the relays came down to. We kept ourselves out of the penalty loop and that pretty much dictated the results,” Hillerson said.

Two athletes on the North Dakota biathlon team, Hillerson and Nordgren, have experience on the All-Guard team, which has produced some of the best biathletes in the United States and even the world.

In fact, the best U.S. finish ever at a winter Olympics biathlon event was by Sgt. Jeremy Teela, of the Vermont Army National Guard, who finished in ninth place in the men’s 10-kilometer sprint race at the 2010 Vancouver Winter Olympics. He has also placed as high as third in the World Cup biathlon.

Now, it will be on to the 2011 Chief of the National Guard Bureau Championships in Vermont, where the North Dakota Team will try to repeat as National Guard champions in March. Since this is a non-Olympic year, Teela may be waiting in Vermont, but the North Dakota team will be ready. ■

BIATHLON TEAM CELEBRATES REPEAT WIN AT COMPETITION

Story and Photos by
Senior Master Sgt. David H. Lipp
119th Wing

So, you think you can shoot? Maybe you can ... but try hitting five targets with five rounds on the 50-meter rifle range after racing up and down hills on cross-country skis for about two miles — and then do it all again.

Now, add some pressure. If you miss a target, let’s add a little distance to your race in the 150-meter penalty loop to make it a little more interesting.

The targets in biathlon are black circles on a white background. If you hit the target, you are “in the black.” If you hit all five targets, you are “all in the black.” At the Central Region Biathlon championships at Camp Ripley near Little Falls, Minn., Jan. 12-16, the N.D. National Guard biathlon team was “all in the black.”

For the second year in a row, North Dakota Guardsmen took top honors in the team relay competition as well as the individual contest category.

2nd Lt. Blake Hillerson, of the 426th Signal Network Support Company, proved to be the best of the individual biathletes, and was also part of the first-place relay team, along with Sgt. 1st Class Kent Pulst, of the



Capt. Eric Nordgren, of the 119th Wing, gains speed on his cross-country skis after completing a rifle marksmanship portion of his relay circuit on the first-place relay team. Nordgren also placed third in the individual race.



The N.D. National Guard Biathlon team poses for a group photo at the Central Region Biathlon Championships. The team members from upper left, clockwise, are: Sgt. Matthew McKinney, Sgt. Adam Walsvig, Lt. Col. Jon Wutzke, Spc. Brandon Pulst, Capt. Eric Nordgren, Spc. Jordan Becker, Lt. Col. David Skalicky, 2nd Lt. Blake Hillerson and Sgt. 1st Class Kent Pulst.

SEE MORE ONLINE

To see more great photos from the Central Region Biathlon Championships, go to <http://bit.ly/NDNGBiathlon>.



Video from the event is also available at <http://bit.ly/CRBia>.

Staff Sgt. Aaron Kramer, center, of the 164th Engineer Battalion, and Spc. Brandon Carrigan, background, of the 1-112th Aviation Battalion, rappel from the ceiling of the Bismarck Civic Center Jan. 11. The Soldiers were two of four Guardsmen; including 1st Lt. Chance Schaffner, of the 818th Engineer Company, and Spc. David Stockdill, of the 814th Medical Company, who participated in opening basketball games between the Bismarck High School and Century High School varsity boys and girls teams. After their rappel, the Soldiers handed the game ball to Dr. John Salwei, superintendent for Bismarck Public Schools.



Left, Airman 1st Class Nathan Giere, of the 119th Maintenance Squadron, removes an interior floor panel of a C-21 aircraft during a routine phase maintenance inspection at the N.D. Air National Guard, Fargo, N.D. Dec. 28.



Staff Sgt. Samantha Mattheis, of the 119th Civil Engineer Squadron, prepares surveying equipment for use at the N.D. Air National Guard in Fargo.



Top, from left to right, Staff Sgt. Jared Dion, Staff Sgt. Heather Mattson, both of the 119th Wing, and Capt. Kristopher Elijah, of the 191st Military Police Company, present information on "mentee competencies" to participants in the Developing Leaders Joint Mentorship program at Bismarck State College Jan. 12. Participants met for the first time to discuss expectations for the yearlong program. For more information about Developing Leaders, call Maj. Noreen Keesey at 701-333-2003. Above, Ryan Bernstein, legal counsel for the North Dakota Governor's Office, left, tries on a flak jacket and kevlar helmet provided by Sgt. Eric Bender, of Battery D, 1-188th Air Defense Artillery, during a legislative dinner and reception held at the Army Aviation Support Facility in Bismarck, N.D., Jan. 11. The purpose of the event is to give North Dakota legislative members and elected officials a greater understanding about N.D. National Guard capabilities and missions. The N.D. National Guard and Department of Emergency Services had equipment and aircraft set up for attendees to view.

Sgt. Brett J. Miller



ROSS Event Returns to Support Families

The 8th Annual ROSS (Remember Our Serving Soldiers) event will again raise money to support family readiness groups in the Fargo area. Sponsored by and held at the West Fargo VFW, family volunteers started planning this year's event — which will be March 5 — months ago as a way to help military Families.

A barbecue lunch runs from 11 a.m. to 1:30 p.m. and a steak fry will be from 5-7 p.m. A memorial program prior to the steak fry will honor North Dakota service members who have died in the Global War on Terrorism. The silent auction opens at 11 a.m. and closes at 7 p.m. In the meantime, there will be bingo from 2-3 p.m. and 7-8:30 p.m. and meat raffles from 5:30-6:30 p.m.

Attendees must be 21 or older. For more information, call 701-282-4728.

Emerging Guard Leaders Learn About Officer Corps

Nearly 50 N.D. Army National Guard Soldiers met with senior officers and recruiters to learn about paths available for being commissioned as an Army officer at the 164th Regional Training Institute at Camp Grafton, N.D., Jan. 21-22.

For more than six years, the Guard has offered the event, called "Eagle Flight," to provide Guardsmen a forum to learn about the responsibilities, incentives and challenges of leading Soldiers in the National Guard.

"We bring qualified applicants out to learn more about commissioning programs so that we can answer all of their questions and, ultimately, get them into one of the programs," said 1st Lt. Nicolette Daschen-dorf, N.D. Army National Guard officer strength manager.

Eagle Flight takes place twice a year, with the next one planned for August.

In addition to learning about com-missioning programs, attendees talk with senior leaders and gain insight into their careers.

Maj. Gen. David Sprynczynatyk, North Dakota adjutant general, was among those leaders.

"I've been an officer for nearly 33 years, and I can tell you that during that period, I have had some tremendous opportuni-ties," he said.

Upcoming Guard Events

Here's a sampling of Guard-related events for the next month. Contact your unit for more information.

Feb. 4-6: Marriage Relationship Enrichment workshop, open to all Guardsmen and their spouses (registration required), Bottineau, N.D.

Feb. 12: Former State Command Sgt. Maj. Jack Cripe retires, open to the public, 2:30 p.m. at Bismarck's Raymond J. Bohn Armory

Feb. 13: Freedom Salute for 1st Battalion, 188th Air Defense Artillery Regiment, open to the public, 3 p.m. at Grand Forks Armed Forces Reserve Center

Feb. 18: Youth Ice Fishing Tournament, open to children of N.D. Guardsmen (register by Feb. 16; 701-333-4822), 8 a.m. to noon in Bismarck, N.D.

Feb. 25-27: Premarital Interpersonal Choices and Knowledge (PICK) workshop for single Soldiers and Airmen (registration required), Fargo, N.D.

Sprynczynatyk emphasized the im-portance of taking care of people, citing officers' responsibility to ensure the welfare of their peers and communities.

Guardsmen Attend Relationship Presentation

Nearly 30 N.D. Air and Army National Guard members and their spouses learned to "Laugh Your Way to a Better Marriage" during a seminar at Bismarck Community Church Jan. 22-23.

Mark Gungor, a comedian and moti-vational speaker, developed and presented the program, which is designed to help couples understand the differences

between each other and ways to adapt to those differences.

It's part of the military's Strong Bonds program, which works to strengthen military Families and increase readiness through relationship training and skill-building. Strong Bonds offers a number of programs service members can attend, including a Marriage Relationship En-richment program and Premarital Inter-personal Choices and Knowledge (PICK), which is designed for single service members.

For more information, contact the N.D. National Guard's Service Member and Family Support division at 800-242-4949 or a chaplain at 800-317-4302.



Sgt. Eric W. Jensen
Spc. Lance Schillinger, left, of the 231st Brigade Support Battalion, visits with Brig. Gen. William Seekins, N.D. Army National Guard land component commander, and Command Sgt. Maj. Dan Job during the Eagle Flight event at Camp Grafton, N.D., Jan. 21.

Know the Dangers Associated With Binge Drinking

By Lt. Col. Lyn Arntson
119th Wing Health Promotions Officer

Over the years, there has been rising awareness in binge drinking, especially among the 15- to 25-year-old age group. Heavy consumption of alcohol — about five drinks for men and four drinks for women — is considered to be a "binge." The drinking becomes binge drinking if a large amount of alcohol is consumed in a short span of time.

Binge Drinking Facts:

- The frequency of drinking among binge drinkers is twice a week, and they may not be suffering from an alcohol addiction.
- Most are college students.
- Health problems associated with binge drinking include alcohol poisoning, high blood pressure, liver disease, neurological damage and fetal alcohol syndrome.
- 20 to 30 percent of road accidents are caused by binge drinking.
- Binge drinking is also associated with crimes.
- Binge drinking leads to dehydra-tion and affects the health of the skin.
- The process of mental deterioration, known as dementia, is accelerated by the the consumption of alcohol.

Acute intoxication from binge drinking also is a potential risk factor for suicide. Binge drinking is commonly associated with damaged and lost friendships, ac-cidents, law-breaking (especially vandal-ism and violence), arguments, neglect of obligations and other acts that are later regretted.

Binge drinking is associated with an in-creased risk of unplanned sex, unprotected sex, unplanned pregnancies and an in-creased risk of sexually transmitted disease. Ten percent of women and 19 percent of men have reported being assaulted as a



Senior Master Sgt. David H. Lipp

Lt. Col. Lynette Arntson, right, and Maj. Dwight Harley, both of the 119th Medical Group, perform cardiopulmonary resuscitation on a training mannequin during a N.D. Air National Guard unit training assembly Jan. 9 in Fargo, N.D.

result of alcohol. Almost 16 percent of binge drinkers report being taken advan-tage of sexually, and 8 percent report tak-ing advantage of another person sexually as a result of alcohol within a yearlong period.

Binge drinking can cause adverse effects on the body including effects on cardiac rhythm, ischaemic heart disease, blood pressure and white blood cell activity. In women, reproductive hormone levels can fall and they may experience lower abdominal pain. If pregnant, there will

likely be adverse effects on the fetus. There is also evidence from animal studies that binge drinking causes brain damage. If you are concerned that you, a friend or a family member has a problem with binge drinking and/or alcoholism, many options are available for treatment. Contact your health care provider at your local clinic or a provider at your unit. Chaplains and licensed social workers in the Guard are also excellent resources to assist you in finding the help you need.

Remember, if you drink, don't drive. ■

Chaplain's Corner: American Diamond

By Chaplain Candidate (1st Lt.) Yakob Makonnen
Joint Force Headquarters

Of course, the month of February is Black History Month. It is a time to celebrate the jazz musicians John Coltrane, Miles Davis and Herbie Hancock. It is a time to celebrate boxing's three-time World Heavyweight Champion Muham-mad Ali.

Black History Month provides an op-portunity to officially recognize Benjamin Banneker, who built the first clock in the United States and helped to design the



1st Lt. Yakob Makonnen
Joint Force Headquarters

layout of the buildings, streets and monu-ments for our nation's Capitol. The actor Sidney Poitier and the actor/comedian Bill Cosby are celebrated for their faithful presence in the entertainment industry.

It is a time to recognize Daniel "Chap-pie" James, the first four-star African American general. We recognize Adrienne Mitchell, the first African American wom-an who died in combat in her military bar-racks in Saudi Arabia during the Persian Gulf War. Finally, we can recognize James Milton Turner, who was named minister and diplomatic liaison to Liberia.

We find strength from the accomplished men and women in our nation who have different perspectives; it is the principle of the American diamond. A diamond sparkles because of its many surfaces. In February, we confidently celebrate the shine created by the surface of the Afri-can-American. ■

Retirements • Promotions • New Members

October 2010 — December 2011

Promotions • Army

Lieutenant Colonel
Lt. Col. Robert M. Fugere
Major
Maj. William J. Nels
Maj. Malia R. Pearson
Maj. Mark L. Topp
Maj. Cody J. Volk
Captain
Capt. Karl R. Altenburg
Capt. Darrin R. Anderson
Capt. Anthony A. Bryant
Capt. Kristopher P. Elijah
Capt. Jacqueline M. Grunefelder
Capt. Ryan R. Kaufman
Capt. George H. Norton
Capt. Blake M. Seibold
Capt. Jarrod R. Simek
First Lieutenant
1st Lt. Stanley P. Brown
1st Lt. Eliud Feliciano-Crespo
1st Lt. Robbie R. Hertz
1st Lt. Dawn M. Holm
1st Lt. Crystal A. Horst
1st Lt. Dennis B. Huffman
1st Lt. Yacob H. Makonnen
1st Lt. Scott E. Noyes
1st Lt. Jared D. Sherven
1st Lt. Beth A. Simek
Chief Warrant Officer
CW2 Christopher E. Hanson
CW2 David R. Kilber
CW2 Drew A. Vinchattle
CW3 Kevin R. Mehrer
CW3 Russell R. Zuraff
CW4 Robert M. Axtman
CW4 Kathleen E. Mauch
Command Sergeant Major
CSM Dave D. Huber
Master Sergeant
Master Sgt. Kurt D. Schwind
Sergeant First Class
Sgt. 1st Class Crystal G. Duran
Sgt. 1st Class Derrick A. Owens
Sgt. 1st Class Travice T. Tesky
Staff Sergeant
Staff Sgt. David M. Baumann
Staff Sgt. James R. Kenney
Staff Sgt. Gregory L. Paintner
Staff Sgt. Jesse J. Schmaltz
Staff Sgt. Kelly D. Schmidt
Staff Sgt. Brian L. Thompson
Sergeant
Sgt. Rachelle M. Barendtklein
Sgt. Steven J. Buchhop
Sgt. Kyle D. Christensen
Sgt. Derek J. Denzel
Sgt. Timothy P. Dodd
Sgt. Joshua D. Dvirnak
Sgt. Adam K. Flegel

Sgt. Thomas G. Gratton
Sgt. Lucas J. Greff
Sgt. Jared P. Kemmis
Sgt. Benjamin W. Knight
Sgt. Craig M. Miller
Sgt. Brian S. Pederson
Sgt. Keith J. Pic
Sgt. Heather J. Roth
Sgt. James O. Sattler
Sgt. Chad E. Shockman
Sgt. Brett M. Steele
Sgt. Matthew A. Trangsrud
Sgt. Justin A. Valenti
Sgt. Casey J. Wallman
Sgt. Adam M. Walsvik
Specialist
Spc. Kurt B. Altenburg
Spc. Reily G. Altenburg
Spc. Jordan T. Bleecker
Spc. Randy L. Brudwick
Spc. Michael E. Campbell
Spc. William T. Case
Spc. Benjamin J. Clark
Spc. Robert T. Copeland
Spc. Dominic W. Dalman
Spc. Matthew R. Downing
Spc. Kathryn B. Duben
Spc. Kevin M. Ehlers
Spc. Cody M. Geffre
Spc. Matthew W. Gerenz
Spc. Kenneth E. Griesbach
Spc. Tina R. Heth
Spc. John A. Hillstad
Spc. Suzanne M. Hopp
Spc. Alan M. Jarvi
Spc. Levi R. Jesz
Spc. Bobby G. Johnston
Spc. Benjamin J. Kappel
Spc. Nicholas S. Knudson
Spc. Mitchell L. Kraft
Spc. Logan J. Kubasta
Spc. Christopher J. Lappe
Spc. Ross M. Lien
Spc. Travis J. Lutz
Spc. Megan A. McDonald
Spc. Scott J. Ness
Spc. Brent J. Noonan
Spc. Jarred J. Nygaard
Spc. Ashley R. Perlichek
Spc. Joseph R. Petermann
Spc. Paul A. Rohrich
Spc. Jeremy W. ScharK
Spc. Chad L. Schiltz
Spc. Jory D. Shypkowski
Spc. Robert D. Slavick
Spc. Drew M. Snellings
Spc. Matthew J. Stevenson
Spc. David O. Stockdill
Spc. Vance D. Summerfield

Spc. Nicholas A. Terdoest
Spc. Danielle M. Thompson
Spc. Kelsey J. Wagendorf
Spc. Alex H. Walth
Spc. Whitney L. Wild
Private First Class
Pfc. Michael M. Alwin
Pfc. Jessica M. Bartholomay
Pfc. Andrew D. Birrenkott
Pfc. Cody A. Bouman
Pfc. Jamaal Bradley
Pfc. Geoffrey J. Brandner
Pfc. Ryan A. Brown
Pfc. Dean A. Burdette
Pfc. Steven D. Davenport
Pfc. Elizabeth A. Davis
Pfc. Jason A. Dees
Pfc. Christopher A. Donis
Pfc. Cody T. Dravland
Pfc. Daniel A. Eckman
Pfc. Tyler M. Flom
Pfc. Kaleb P. Folden
Pfc. Adrian O. Frisk
Pfc. Cole L. Goetz
Pfc. Joseph S. Greff
Pfc. Gregory L. Hanson
Pfc. Mitchell S. Haugen
Pfc. Morgan D. Henry
Pfc. Brianna S. Herman
Pfc. Shannon T. Holeton
Pfc. Leo J. Hughes
Pfc. Cody A. Ingebretson
Pfc. Keith K. Kaufmann
Pfc. James P. Keller
Pfc. Shad S. Kelsch
Pfc. Stephen A. Leard
Pfc. Christopher M. Leavitt
Pfc. Ryan D. Lee
Pfc. Joshua J. Legg
Pfc. Jacob D. Libke
Pfc. Michael A. Lindeman
Pfc. Desiree M. Marden
Pfc. Kyle A. Markwardt
Pfc. Charles J. Martin
Pfc. Bradley J. Messer
Pfc. Cassandra R. Mosbrucker
Pfc. Michael W. Oehler
Pfc. Daniel C. Paul
Pfc. Shelby K. Pickard
Pfc. Hunter S. Plesuk
Pfc. Paul A. Poitra
Pfc. Chance B. Potter
Pfc. Andrew P. Procive
Pfc. David F. Quinones
Pfc. Casey M. Renner
Pfc. Charles J. Rolie
Pfc. Matthew P. Ruby
Pfc. David J. Sahr
Pfc. Michael A. Sampsill

Retirements • Air

SMSgt Michael W. Vanbavel

Appointments • Army

2nd Lt. Renee L. O'Connor
2nd Lt. Catherine A. Peterson
2nd Lt. Bryn E. Putbrese

Retirements • Promotions • New Members

October 2010 — December 2011

New Members • Army

Maj. Lorin J. Miller
1st Lt. Crystal A. Horst
Staff Sgt. Kent M. McDougall
Staff Sgt. Miguel O. OConnor
Sgt. Shawn D. Aubrecht
Sgt. Bonni L. Foli
Sgt. Allen L. Hoaglund
Sgt. Matthew M. McKinney
Sgt. Cory M. Metcalf
Sgt. Aaren L. Torrence
Sgt. Jeffrey P. Vandewalle
Spc. Christopher R. Bohn
Spc. David V. Dehne
Spc. Jessica D. Earle
Spc. Tury J. Escobedo
Spc. Daniel J. Geiger
Spc. Matthew R. Hart
Spc. Mathew C. Henderson
Spc. Tyler D. Johnson
Spc. Jessica J. Lemke
Spc. Robert D. Lindberg
Spc. Adam T. Lynnes
Spc. Michael C. Mogavero
Spc. Michael E. Ollerman
Spc. Andrew J. Stein
Spc. Nicholas A. Terdoest
Spc. Amanda M. Wenish
Pfc. David L. Cowen
Pfc. Cody T. Dravland

Pfc. Leo J. Hughes
Pfc. Jarvis W. Knudson
Pfc. Christopher M. Koffler
Pfc. Scott M. Leidholm
Pfc. Evan M. Lemere
Pfc. Thomas A. May
Pfc. Bradley J. Messer
Pfc. Chianti A. Mrazik
Pfc. Michael M. Mulder
Pfc. Michelle L. Nogowski
Pfc. Daniel C. Paul
Pfc. Janette R. Pfeifer
Pfc. Jeremy J. Quittschreiber
Pfc. Heather N. Schmidt
Pfc. Kevin W. Stautz
Pfc. Cara I. Wilkekees
Pfc. Lucas W. Zabka
PV2 Nelsonmandela K. Adam
PV2 Nicole L. Boss
PV2 Joshua D. Clouse
PV2 Rian N. Crecelius
PV2 Johnathan W. Didier
PV2 Michael G. Freynet
PV2 Kallie V. Jensen
PV2 Alex A. Johnson
PV2 Andrew D. Johnson
PV2 Matthew T. Johnson
PV2 Tessa L. Koenig
PV2 Patrick L. Krueger

PV2 Tyler J. Lenertz
PV2 Nicholas V. Lindeman
PV2 Jack E. Loepp
PV2 Galen A. Metz
PV2 Caleb L. Miles
PV2 Austin N. Neer
PV2 Casey A. Nelson
PV2 Joseph A. Pugliese
PV2 Nathan L. Reimer
PV2 William A. Sempel
PV2 Zachary T. Seibel
PV2 Bryan D. Sholts
PV2 Jesse J. Shypkowski
PV2 Jacob L. Thrailkill
PV2 Charles P. Tweten
PV2 Taylor A. Volk
PV2 Heather L. Wolberg
Pvt. Brennan D. Altzman
Pvt. Preston B. Beechie
Pvt. Taylor H. Berg
Pvt. Connor J. Bruce
Pvt. Rachelle J. Clayton
Pvt. Dereck J. Delvalle
Pvt. Drew T. Dockter
Pvt. Kayla M. Enget
Pvt. Merlin C. Farnworth
Pvt. Jordan W. Freitag
Pvt. Trevor L. Gartner
Pvt. James M. Hamilton

Pvt. Jeremy M. Heldstab
Pvt. Maricela C. Hernandez
Pvt. Shon S. Leatherman
Pvt. Zachary R. Longie
Pvt. Austin L. Mittleider
Pvt. Brent M. Mittleider
Pvt. Thomas J. Myran
Pvt. Jasmine C. Nitschke
Pvt. Clinton J. Noethlich
Pvt. Daniel J. Peltier
Pvt. Heather L. Poppe
Pvt. Joshua P. Rebenitsch
Pvt. Todd D. Rondestvedt
Pvt. Courtney T. Ruppert
Pvt. Shawn S. Sanford
Pvt. Devin C. Scheen
Pvt. Andrew J. Simmons
Pvt. Bryce A. Solie
Pvt. Devyn R. Steckler
Pvt. John B. Steckler
Pvt. Edward A. Vardanega
Pvt. Brittany C. Volk
Pvt. Brandin T. Weninger
Pvt. Madison R. Wigness
Pvt. Dylan M. Yoder
Pvt. Ty J. Zaczkowski

Promotions • Air

Captain
Capt. Benjamin B. Brogard
Capt. Shaun P. Carlson
Chief Master Sergeant
Chief Master Sgt. Jason G. Dura
Chief Master Sgt. Kathy A. Rust
Senior Master Sergeant
SMSgt. Duane R. Kangas
Master Sergeant
Master Sgt. Jeremy S. Ekre
Master Sgt. Jason P. Kolness
Master Sgt. Adam D. Lund
Master Sgt. Terry E. Moser
Master Sgt. Jeremy E. Roering
Master Sgt. Curtis J. Stetz
Master Sgt. Tyler J. Underdahl
Technical Sergeant
Tech. Sgt. Timothy J. Bieber
Tech. Sgt. Mitchell D. Lundby
Tech. Sgt. Lezlee R. Pihlgren
Tech. Sgt. Lisa M. Reich
Staff Sergeant
Staff Sgt. Matthew W. Dawson
Staff Sgt. William G. Denovio
Staff Sgt. Jason L. Dewar
Staff Sgt. Craig C. Griesbach
Staff Sgt. Lucas T. Jacobson

Staff Sgt. Logan S. Johnson
Staff Sgt. Christopher A. Larson
Staff Sgt. Samantha A. Mattheis
Staff Sgt. Nicholas J. Mitchell
Staff Sgt. Ronnie W. Nordstrom
Staff Sgt. Jeffrey A. Payne
Staff Sgt. Eric L. Pribble
Senior Airman
SrA Justin R. Bankers
SrA Lacy B. Bunkelman
SrA Katherine E. Davenport
SrA Janessa L. Evans
SrA Ashley M. Jefferson
SrA Eric J.W. Jensen
SrA Garrett T. Johnson
SrA Edward A. Keller
SrA Lucas J. Laney
SrA Samantha R. Manning
SrA Kimberly R. Nelson
SrA Michael A. Rohwedder
SrA Rachel K. Salquist
SrA Nathan R. Vibbert
SrA Erin N. Weaver
SrA Tyler J. Wentz
Airman First Class
A1C Michelle L. Schwanke

Retirements • Army

Col. Mark B. Schmitz
Lt. Col. James A. Torkildson
Sgt. Maj. Warren J. Heidenreich
1st Sgt. Mark J. Flemmer
1st Sgt. Martin J. Kueffler
1st Sgt. John T. Waters
Sgt. 1st Class Daniel E. Bartlett
Sgt. 1st Class Joseph J. Kostecki

Sgt. 1st Class David L. Russell
Staff Sgt. Roxanne R. Anderson
Staff Sgt. Gregory D. Burgard
Staff Sgt. Richard A. Leshovsky
Sgt. Scott T. Degenstein
Sgt. Wayne C. Houska
Sgt. Jeffrey S. Simek
Sgt. Jeffrey L. Wilmer

New Members • Air

TSgt Jonathan F. Johnson
SSgt Christopher R. Garver
A1C Tyrell N. Edinger
A1C Adrian G. Escarcega

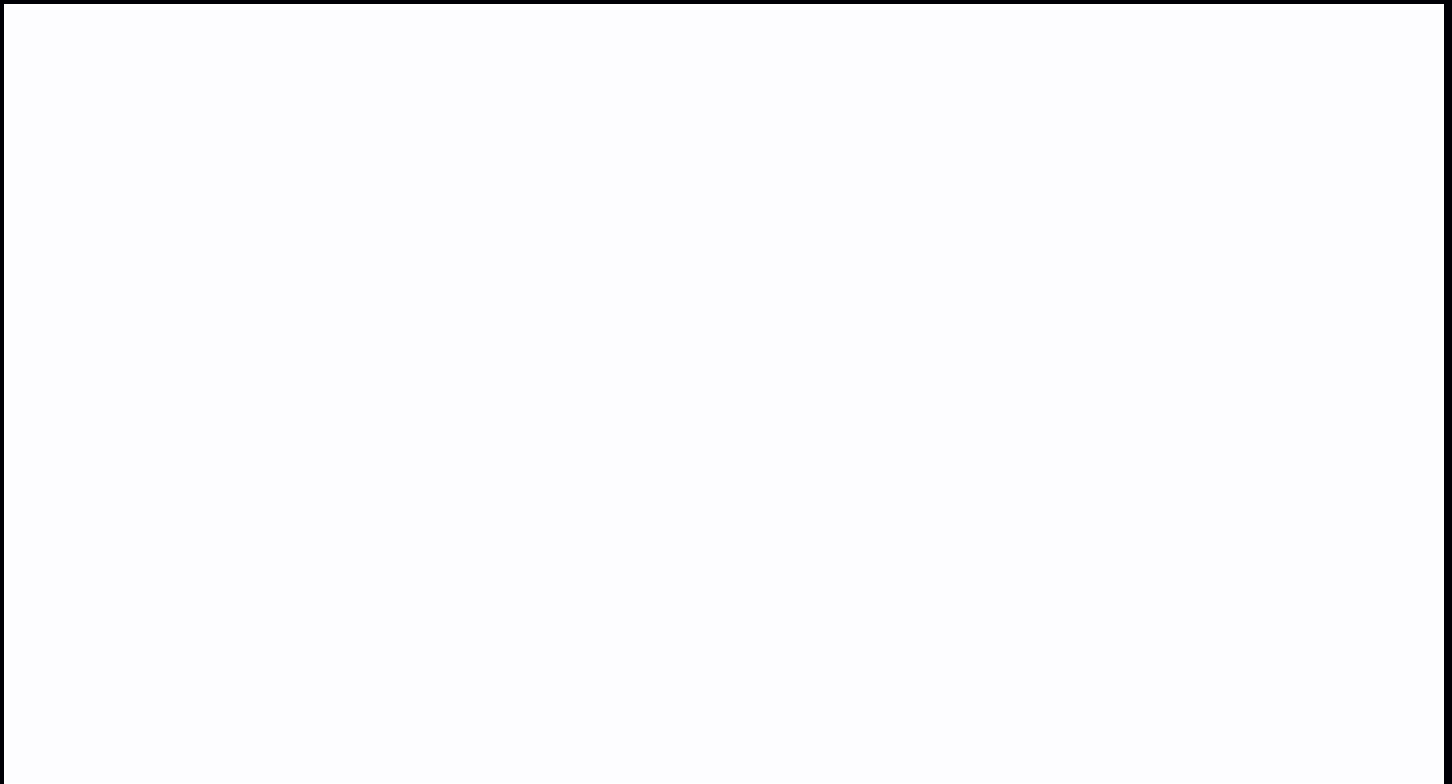
A1C Zachary P. Johnson
A1C Hilliary L. Trandem
Airman Tyrell D. Martin
Airman Basic Nicholas L. Herbst



On the Move?

Don't forget to change your mailing address to continue receiving the North Dakota Guardian.

Changes can be sent to eric.william.jensen@us.army.mil or call 701-333-2195.



Senior Master Sgt. David H. Lipp

Senior Airman Garrett Havens, left, and Tech. Sgt. Jeremy Roering, both of the 119th Communications Flight Operations Branch, reconfigure radio remote cabling Jan. 26 at the N.D. Air National Guard, Fargo, N.D. The 119th Communications Flight Operations Branch is responsible for communications and information systems infrastructure that includes the inside and outside cabling plants, computers, computer networks, radio systems, telephone systems and intrusion detection system.